

I	Name	Club	Age Group	Time	Comment
Long (14)					
			7.2 km 45 m	16 C	
1	Richard Mawer	BAOC	M45	34:32	
2	Thomas Cochrane	NGOC	M21	35:31	
3	Caroline Craig	NGOC	W35	38:36	
4	Charles Nell	RAFO	M21	38:55	
5	Tom Hards	NGOC	M21	40:34	
6	Anders Johansson	NGOC	M45	42:58	
7	Si Read	IND	M50	43:14	
8	Philip Eeles	SOC	M60	43:41	
9	Tom Baker	IND	M35	46:58	
10	Andrew Ryan	IND	M21	48:13	
11	David Faulkner	BOK	M55	54:22	
12	Ricky Chan	IND	M45	54:41	
13	Greg Best	NGOC	M55	56:17	
14	Paul Taunton	NGOC	M65	1:03:02	

Short (13)					
			5.6 km 35 m	11 C	
1	Ashleigh Denman	NGOC	W50	39:17	
2	David Palmer	BOK	M70	39:35	
3	Tom Birthwright	NGOC	M40	40:25	
4	Eric Heritage	WRE	M60	42:30	
5	Eilidh Bruers	IND	W21	43:15	
6	John Fallows	NGOC	M60	43:25	
7	Laurence Gossage	BOK	M65	43:37	
8	Paul Hammond	HOC	M55	44:38	
9	Sam Rooney	IND	M21	54:12	
10	Ros Taunton	NGOC	W65	55:36	
11	Hilary Nicholls	NGOC	W50	57:19	
12	Rhiannon Fadeyibi	NGOC	W55	1:01:05	
	Paul Hockey + Raj Read	IND	M40/14	mp	

V Short (1)					
			1.1 km 5 m	8 C	
	Nathan Fernandes	BOK	M21	mp	